

DAY	TIME	CLASS	LEVEL	DURATION
Monday	6.00 - 7.00pm	Iyengar	Beginner	6 week course
	5.00 - 6.00pm	Pre Natal	Open	6 week course
	7.00 - 8.15pm	Iyengar	Beginner 2	12 week course
Tuesday	6.30 - 7.30am	Iyengar	Beginner	6 week course
	10.00 - 11.00am	Iyengar	Beginner	\$15 casual
	11.30 - 12.30pm	Seniors Yoga 60+	Beginner	\$10 casual
	6.00 - 7.30pm	Iyengar	Level 1	12 week course
	7.30 - 8.30pm	Iyengar	Beginner	6 week course
Wednesday	6.15 - 7.45am	Iyengar	Level 2	12 week course
	3.45 - 4.45pm	Yoga for Kids	5-11 years	9 week course, casual welcome
	6.00 - 7.15pm	Iyengar	Beginner 2	12 week course*
	7.30 - 8.45pm	Rest & Restore	Open	6 week course
Thursday	10.00 - 11.00am	Iyengar	Beginner	\$15 casual
	11.30 - 12.30pm	Seniors Yoga 60+	Beginner	\$10 casual
	<del>Wednesday 4.45 - 5.45pm</del>	Yoga for Teens	12 years +	9 week course, casual welcome
	6.00 - 7.30pm	Iyengar	Level 1/2	12 week course
	7.30 - 8.30pm	Iyengar	Beginner	6 week course
	7.30 - 9.00pm	Remedial Yoga	Open	4 weeks, \$120 or casual \$40
Friday	6.15 - 7.45am	Iyengar	Level 1	12 week course
	10.00 - 11.30am	Iyengar	Open	\$18 casual
Saturday	8.00 - 9.15am	Iyengar	Beginner 2	12 week course
	9.30 - 10.30am	Iyengar	Beginner	6 week course
	10.30 - 12.00pm	Iyengar	Open	12 week course, casual welcome

# YOGA

# T4 timetable

MONDAY SEP 25  
until  
SATURDAY DEC 16

Yoga TO GO studio



▶ YOGA TO GO AWABA YOGA & WELLNESS RETREAT OCT 2017

▶ NOW AVAILABLE \$48 Direct Debit Unlimited pass

▶ Remedial Yoga with Henryk  
Free 15 minute consultation  
\$120 x 4 class pass  
Casual visits \$40  
Bookings are essential.

## PRICING INFORMATION

- ▶ All 6 Week Courses: \$120
- ▶ All 12 Week Courses: \$228
- ▶ Kids & Teen Yoga (9 weeks): \$100 or casual \$15
- ▶ 10 Class Pass: \$220\*
- \*Available for 3 months from the date of purchase, no further extensions
- ▶ Casual Class: \$24
- ▶ Unlimited Pass: \$540\*
- \*Valid for 12 week term

For two 12 week course bookings per person, per term \$408\* no further discounts apply.

12% Discount on class costs available to Student and concession card holders

Full payment must be received prior to starting first class and guarantees place in course. Courses are transferable but not refundable, unless class is cancelled.

Payment options: Cash, Eftpos, Cheque, Credit Card (Visa, Mastercard)

\$2 charge for make up classes.

Please note: This schedule is subject to changes. Courses fill quickly yet some attract smaller numbers. If your course does not fill it may be cancelled or postponed. If your course is cancelled you will be refunded.

DAY	TIME	CLASS	LEVEL	DURATION
Monday	6.30 - 7.30pm	Pilates	Intermediate	12 week course
	7.30 - 8.30pm	Pilates	Beginner	6 week course
Tuesday	6.30 - 7.30pm	Pilates	Beginner	6 week course
	7.30 - 8.30pm	Pilates	Beg/Int	12 week course
Wednesday	6.30 - 7.30pm	Pre-Natal	Open	6 week course
	7.30 - 8.30pm	Pilates	Beginner	6 week course
Thursday	NO CLASSES			
Friday	NO CLASSES			
Saturday	8.30 - 9.30am	Pilates	Beg/Int	12 week course
	9.30 - 10.30am	Pilates	Beginner	6 week course

# PILATES

## Why practice Iyengar Yoga?

Yoga refers to the union of the body, mind and soul. This is done using physical postures known as asana, as well as the awareness of breath, concentration, meditation and other techniques.

**Iyengar Yoga** is a precise and practical form of yoga taught by its namesake B.K.S. Iyengar.

This form of yoga can be seen as a science, therapy or art. In this style of class the emphasis is on postural realignment, coordination of movement & breath, breath regulation, and allowing the mind to focus and the body to strengthen and open.

Yoga is a great way to get in shape or stay in shape, not only will you benefit from the physical postures, you will also benefit from

and descriptions please go to [www.yogatogo.com.au](http://www.yogatogo.com.au)

## Why practice Pilates?

**Hollywood stars swear by it!!!**

**Dancers don't start their day with out it!!!**

**The Pilates Method** is a set of principles and movements designed to dramatically improve strength, flexibility, postural alignment and coordination. You will be taken through a series of exercises and movements focusing on your core muscles - abdomen, back and buttocks.

The results are amazing. You can expect a total change in your body. Your posture will improve, your stomach & buttocks will become leaner and your energy levels will dramatically increase

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